

# Camp Fury: A Girl's Fire Camp



## Program Handbook

Collaborative Program:

Sahuaro Girl Scout Council, Tucson Fire and Northwest Fire Departments



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## **Introduction**

Camp Fury is a residential, firefighting immersion experience created in partnership with the Tucson Fire Department and the Northwest Fire Rescue District in 2009. Girl Scouts of Southern Arizona joined the partnership in 2010. At the 4-day, 3-night camp, girls entering grades 9<sup>th</sup> -12<sup>th</sup> get the opportunity to exercise, train, and connect with elite women firefighters, paramedics, and EMTs. Girls participate in activities such as; bucket brigade, mud bog, rappel, fire extinguisher training, CPAT orientation, water safety, and team building. The goal is to build teamwork, respect, and self-confidence.

Camp Fury utilizes the training facilities at the Tucson Public Safety Training Academy and Northwest Fire Department Training Facility and is supported by over twenty female volunteers from local fire departments across Southern Arizona.

## **Mission**

To provide an introduction to firefighting careers and to promote a positive leadership experience to girls 14 – 18 years of age.

## **Program Goals**

The goal for Camp Fury is two-fold: to provide an introduction to a career in the fire and emergency services to high school girls and to promote a positive leadership experience.

## **History**

### ***Camp Fury 2009***

Chief Laura Baker of Tucson Fire Department and Chief Cheryl Horvath of Northwest Fire Rescue District received grant funding in 2009 from the Women's Foundation of Southern Arizona to facilitate a girl's fire camp for young women in the community. They created an innovative camp model that exposes teen girls to careers in firefighting. The initial two and a half day camp included resume building, guest presenters and leadership development in addition to physical fitness training and skill rotation. Participants were outfitted in turnout gear, helmets and gloves for the camp.

### ***Camp Fury 2010***

In June 2010 the Tucson Fire Department and Northwest Fire Rescue District partnered with the Girl Scouts of Southern Arizona to sponsor a fire camp for high school girls. This innovative four day program highlighted firefighting and emergency service activities and featured guest speakers from non-traditional professions. Twenty three girls participated in the program, ranging in age from 13 to 17, and representing high schools across the greater Tucson region with one camper traveling from Flagstaff, Arizona. Female firefighters from Tucson, Northwest, Rincon Valley, Glendale Fire, and Yuma Fire Departments provided the daily skills instruction.

### ***Camp Fury 2011***

In April of 2011, Camp Fury made its debut in Yuma. Girls in grades 6<sup>th</sup> through 12<sup>th</sup> experienced the life of a firefighter in a three day camp (two half days). Camp Fury-Yuma was facilitated by City of Yuma firefighters in partnership with the Girl Scouts of Southern Arizona and is designed to build team working skills, self-confidence, and respect in the young ladies that attend. It also provides girls an opportunity to experience a career as a firefighter. In addition, the girls learned about being prepared for an emergency and how crucial it is to the community to be prepared.

In June 2011 the Tucson Fire Department and Northwest Fire Rescue District continued their partnership with the Girl Scout of Southern Arizona to sponsor Camp Fury for the second year. The camp continued the tradition of providing a program filled with firefighting and emergency service activities, featured guest speakers from non-traditional professions, and leadership skills.

Fourteen girls participated in the program, ranging in age from 13 to 17, and representing high schools across the greater Tucson region. Women firefighters from Tucson, Northwest, Rincon Valley, Glendale Fire, and Yuma Fire Departments provided the daily skills instruction.

The Greater Tucson Fire Foundation honored one of the campers with a \$500 scholar to continue their education in fire services at Pima Community College. Qualifying candidates exhibited outstanding leadership and teamwork skills, are goal oriented and maintained a positive attitude throughout the camp.

### ***Camp Fury 2012***

In April 2012, Yuma held their second annual Camp Fury. Girls in grades 6<sup>th</sup> through 12<sup>th</sup> experienced the life of a firefighter in a 4 day (split over two weekends) camp. The camp continues to provide activities and speakers that allowed girls to explore the fire services as a viable career choice.

In June 2012, eighteen girls through-out Southern Arizona including girls from Wilcox and Hereford attended Camp Fury – Tucson. Now in its fourth year, the camp offerings continue to grow with girls benefitting from increased hands-on activities, demonstrations and drills. In addition to exercising and training with fire and emergency services professionals, girls don full firefighting gear and jump right into the action themselves. Over the course of the four days girls undergo physical fitness training in addition to activities including an aerial climb, rappel, bucket brigade, search drill and water safety. Girls also volunteered their time at the National Fallen Fire Fighters Dinner/Auction.

The Greater Tucson Fire Foundation, in its second year, honored one of the campers with a \$500 scholarship to continue their education in fire services at Pima Community College. Qualifying candidates exhibited outstanding leadership and teamwork skills, are goal oriented and maintained a positive attitude throughout the camp.

Two representatives from the Hampton, Va. Fire Department visited Camp Fury in an effort to replicate the camp in their community.

## **Founders**

### **Deputy Chief Laura Baker – Tucson Fire Department**

Laura Baker is the Deputy Chief of Fire Prevention for the Tucson Fire Department. She has been with TFD for 18 years. Laura promoted through the ranks of firefighter, paramedic, and captain to deputy chief. She is the Fire Marshal where she oversees code enforcement, business assistant unit, systems design, the fire investigation unit, and the public education unit. Laura is the president of the Board of Trustees for the International Association of Women in Fire & Emergency Services (iWomen) and serves on the Board of Trustees for the American Red Cross.

The Tucson Fire Department has been fighting fires and saving lives in the Old Pueblo for more than 120 years. Started in 1881 as a scrappy, all volunteer force, the department has grown into a modern department nationally recognized for its overall excellence.

From the beginning, Tucson firefighters made every effort to respond to the needs of the community, as it grew from a lawless territorial outpost into a modern city--today the state's second largest.

### **Divisional Chief Cheryl Horvath – Northwest Fire Rescue District**

Cheryl Horvath is the division chief of operations for the Northwest Fire District in Tucson, Arizona. She has been in the fire service since 1992, working as a full-time firefighter in Illinois where she served as union president for four years and as a field instructor for the Illinois Fire Service Institute.

Cheryl is a member of the IAFC-FRI Program Planning Committee and serves on the Girl Scouts of Southern Arizona Board of Directors and as a board member on the Southern Arizona Mental Health Center (SAMHC) Board of Directors.

Northwest Fire/Rescue District was formed in 1983 by residents of the northwest metropolitan Tucson area to ensure that the community received consistent, high-quality emergency services at a reasonable cost. Since its inception, the District has provided increasingly higher levels of fire protection and emergency medical services to a rapidly growing population.

The District currently provides emergency and community services to 110,000 residents and 3,300 commercial occupancies over a 140 square mile area. Northwest Fire/Rescue District provides a wide range of dedicated services to its residential and commercial property owners. In addition to fire protection, ten Paramedic-equipped units located throughout the District provide advanced life support to medical calls within minutes.

## Partners

### **Girl Scouts of Southern Arizona**

The Girl Scouts is the world's preeminent leadership development organization dedicated to helping build girls of courage, confidence, and character who make the world a better place. GSSoAz serves over 14,000 girls in Southern Arizona and includes over 3,000 adult volunteers. Our goals are to provide a wide range of contemporary programs that reflect the unique needs and interests of all girls living in Southern Arizona, to empower girls to reach their full potential, and to give girls a voice in their community and in their own lives.

The Girl Scout program is based on the Girl Scout Promise and Law. All programming is designed in the framework of the New Girl Scout Leadership Experience (GSLE) for Girls Scouts USA.

Girl Scout activities are girl-led, involve learn by doing and cooperative learning to achieve desired leadership outcomes.

***Discover:*** Girls understand their world along with their own potential while strengthening their own values

***Connect:*** Girls connect with other girls through caring relationships and critical teambuilding skills.

***Take Action:*** Girls act to make the world a better place by becoming empowered to be advocates in action for themselves, others and their communities.

# Partnership Details and Responsibilities

## Fire Departments

- Secure female firefighters volunteers for camp experience
- Provide logos for marketing materials
- Plan fire-fighting activities and logistics (see schedule for sample ideas)
- Arrange for property use (if held at fire station, training facility)
- Secure turn-out gear, training equipment (may be grant funding available)
- Market camp on websites, at recruitments etc.
- Work with council contacts for media coverage
- Work with council to secure guest speakers
- Seek donor funding for scholarships

## Girl Scout Council

- Creates marketing brochures, registration forms
- Handles all registration administration details (Girl Scout forms, health forms, waivers, confirmation letters, scholarships)
- Background check, register all fire volunteers
- Plan and facilitate evening programming
- Work directly with fire departments to plan program activities
- Acts as camp host during camp
- Ensure Safety-wise and insurance guidelines are followed
- Assist with recruiting/training volunteers
- Secure donor funding for scholarships
- Recruit camp participants from membership as well as non-members
- Work with fire department contacts to secure guest speakers
- Order t-shirts, water bottles etc.
- Plan food, snacks for duration of camp
- Add fire properties to council insurance liability policy
- Work with fire department contacts for media coverage
- Secured transportation (if necessary)



## **Recommendations**

- Identify young female cadets, trainees, firefighters to act as squad leaders for a group of no more than 8 campers. Squad leaders undergo basic counseling training with Girl Scout staffers. Squads go through activities together, eat together, and complete KAPERS together.
- Require sports physical for all camp participants
- Show video of camp at ceremony
- Identify dedicated team of volunteers/staff to prepare camp food
- Staff meeting with firefighter volunteers, Girl Scout staff, squad leaders before orientation and each morning of camp before breakfast
- Identify dedicated photographer, videographer

## **Scholarship**

**The Tucson Fire Foundation – Honoring the Past, Embracing the Present, & Engaging the Future**

**The Greater Tucson Fire Foundation, in its second year, honored one of the campers with a \$500 scholar to continue their education in fire services at Pima Community College. Qualifying candidates exhibited outstanding leadership and teamwork skills, are goal oriented and maintained a positive attitude throughout the camp.**

**2011 Camp Fury Scholarship Recipient – Kelsey Boelts**

**2012 Camp Fury Scholarship Recipient – Mariah Albertie**

## **Outcomes**

All experiences in Girl Scouting incorporate the Discover, Connect, and Take Action keys to leadership. Girl Scout experiences are also, as much as possible, girl led and encourage learning by doing (experiential learning), and cooperative learning. These three processes promote the fun and friendship that have always been so integral to Girl Scouting.

As girls take part in Girl Scouts, facilitators can review the outcomes, and the signs of those outcomes, to gauge the benefits of the experience. The signs of the outcomes reflect what girls might think, say, or do—during and after a leadership experience—and help adults determine the success of the experience.

## **ToGetHerThere**

We've watched as girls back down, opt out, and shy away from leading. We've seen girls bullied by their peers, pressured by industries that celebrate unattainable beauty, and deciding against science and math. We've struggled to explain why women hold only 17 percent of seats in the U.S. Congress and 3 percent of the top positions at Fortune 500 companies.

Together, we can do better for girls, setting in motion a generational change, so that every girl born today blossoms into her full potential. Together, we can transform the leadership landscape, so that every girl, in every zip code, stands up, stands out, and stands tall. Together, we can get her there.

Join us by signing the pledge as we launch ToGetHerThere.org with a bold and ambitious goal: to achieve gender balanced leadership – in every industry and every community – in a single generation.

# Sample Marketing Flyer



**girl scouts**  
of southern arizona  
sahuaro

Girl Scouts of Southern Arizona-Sahuaro  
4300 E. Broadway Blvd. | Tucson, AZ 85711  
520-327-2288 | 1 800-331-6782  
GirlScoutsSoAz.org



**When** June 1-4  
**Where** City of Tucson  
Public Training Academy  
**Who** Girls, grades 9-12  
**Cost** \$150, Scholarships available

Presented in partnership with  
Tucson area Fire Departments






**CAMP FURY**

Join us for our third Camp Fury! This camp will provide **hands-on** learning. Perform **firefighting** skills with fire department equipment and gear. Learn about emergency preparedness and work towards earning a badge. The goal of Fire Camp is to build **teamwork, self confidence** and respect.

**For more info:**  
Ellen Pott, 520.319.3151, epott@sahuarogsc.org

**Please return this form with your payment by May 26, 2011 to:**  
Girl Scouts of Southern Arizona | 4300 E. Broadway Blvd. | Tucson, AZ 85711



**girl scouts**

Girl's Name		Date of Birth	Grade
Parent/Guardian Name			
Address			
City		Zip	
Daytime Phone	Evening Phone	Cell Phone	
E-mail		Best time to contact me	
Any allergies or medical conditions			
Parent/Guardian Signature		Date	
Emergency Contact Name		Phone	
<input type="checkbox"/> The council or City of Tucson may reproduce any artwork, photo images, or video taken of my child for Girl Scout or City of Tucson publicity purposes.			
<b>Payment</b> <input type="checkbox"/> I would like information on Opportunity Fund assistance			
<input type="checkbox"/> Money order or check made payable to "SGSC" (a \$20 fee plus collection costs will be applied to all returned checks.)			
<input type="checkbox"/> Credit card (mandatory for online or faxed reservations) VISA • Mastercard • Discover			
Card holder's name as it appears on card		Total to be charged	
Account number	CCID	Expiration date	
Signature		Date signed	

# Sample Confirmation Packet

## Sample Confirmation Letter:

Dear Camp Fury Camper,

Congratulations and Welcome! Your application for the Camp Fury (Year) has been accepted. Camp dates are (dates). Orientation will be held at the (Facility name and address) on (day and time). Please be sure to bring your signed Camp Fury Waiver of liability form with you, in addition to your health history.

- Campers should be dropped off at (location and time). We will be starting promptly at (time).
- Participants will need to bring:
  - Sleeping bag and pillow
  - Athletic shoes for running and physical fitness training
  - Medications (if any) (additional form to complete at check in)
  - Bathing suit
  - 1-2 towels
  - Toiletries (deodorant, feminine hygiene, shampoo etc.)
  - 3 t-shirts
  - 2-3pairs of athletic short
  - 1 pair of denim jeans (no holes)
  - Sweatshirt
  - 3-4 pairs of athletic socks
  - Sleepwear- shorts or sweats and t-shirt
  - Hair bands or accessories to tie back long hair (for safety)
- Non-mandatory items you may want to bring:
  - Disposable camera
  - Shower shoes
- Participants will have access to shower facilities; however there will be time limits to coordinate all campers.

Family and friends are invited to Camp Graduation on (date and time). Graduation will be held at (location and address).

If you have any questions, please contact (name, email of all contacts)

Best,

## Sample Waiver:

**PROGRAM SITE** \_\_\_\_\_

This release and information form must be filled out completely with current information, signed and turned in before the participant will be allowed to attend the program. Program participation will not be permitted without responsible party signature on this form. This form is for the health and safety of the participant. If some questions do not apply, please indicate with "N/A."

### PERSONAL INFORMATION

PARTICIPANT'S NAME  PHONE

### RESIDENTIAL ADDRESS

DATE OF BIRTH

AGE

MALE  FEMALE

### SCHOOL ATTENDED DURING SCHOOL YEAR (IF APPLICABLE)

DOES THE INDIVIDUAL HAVE A DISABILITY THAT REQUIRES ASSISTANCE? \_\_YES \_\_NO

IDENTIFY ANY BEHAVIOR CONCERNS AND HOW TO DEAL WITH THEM  
LIMITATIONS/RESTRICTIONS (ACTIVITY OR DIET)

THIS INDIVIDUAL IS FREE OF INFECTIOUS DISEASE, IS UP TO DATE ON ALL IMMUNIZATIONS AND IS ABLE TO PARTICIPATE IN RECREATION ACTIVITIES (WITH THE LIMITATIONS/RESTRICTIONS LISTED.)

\_\_\_\_\_YES \_\_\_\_\_NO

### MEDICATION

IS PARTICIPANT TAKING MEDICATION? \_\_\_\_\_YES \_\_\_\_\_NO

NAME OF MEDICATION

WILL MEDICATION BE TAKEN DURING PROGRAM HOURS? If yes, ask for Separate Medication Form

\_\_\_\_\_YES \_\_\_\_\_NO

**ANY MEDICAL CONDITIONS WE SHOULD BE AWARE OF?** Allergy? Asthma? Seizures? Diabetes? Other?

**ANY OTHER INFORMATION THAT WOULD BE HELPFUL TO STAFF?**

**PARENTS/GUARDIAN INFORMATION**

**PARENTS/GUARDIAN/SPOUSE**

NAME  RELATIONSHIP

**ADDRESS (IF DIFFERENT)**

HOME PHONE  WORK  MOBILE

**PARENTS/GUARDIAN/SPOUSE**

NAME  RELATIONSHIP

**ADDRESS (IF DIFFERENT)**

HOME PHONE  WORK  MOBILE

**EMERGENCY/CONTACT INFORMATION**

**PERSON TO NOTIFY IN EMERGENCY (OTHER THAN PARENT/GUARDIAN)**

NAME  PHONE

PHYSICIAN'S NAME  PHONE

MEDICAL COVERAGE  GROUP ID #

**PREFERRED HOSPITAL**



**ALTERNATE CONTACTS**

\_\_\_\_\_

NAME

\_\_\_\_\_

HOME PHONE

WORK PHONE

\_\_\_\_\_

NAME

\_\_\_\_\_

HOME PHONE

WORK PHONE

**AQUATICS**

There will be a water safety class and I understand this activity involves swimming and could involve workouts at a swimming pool.

Does participant know how to swim?      YES      NO What level? \_\_\_\_\_

**TRIPS**

I hereby give permission for named participant to be transported on field trips.

     I do      I do not      Initials

**MEDIA RELEASE**

I hereby grant the Tucson Fire Department permission to record my child/ward's or my (if adult participant) likeness and/or voice for use in television, films, radio or printed media to further the aims of the Fire Camp Program in related campaigns and magazine articles, booklets, posters and in other ways they may see fit.

     I do      I do not      Initials

**EMERGENCY CLAUSE**

In the event I cannot be reached in an emergency, I hereby give my permission to employees of Tucson Fire Department and Northwest Fire District to secure proper medical care for my child as deemed necessary. This permission extends from minor first aid treatment to (under a doctor's orders) hospitalization, injections, anesthesia, surgery and other medical procedures deemed necessary.

     I do      I do not      Initials

**RELEASE CLAUSE**

The undersigned hereby releases and holds harmless the City of Tucson, its Mayor and Council and any officers, employees or agents thereof, including without limitation the Northwest Fire District, Girl Scouts of America from any and all claims, liabilities or demands whatsoever arising or claimed to have arisen out of the enrollment or participation in any program by the participant herein.

X \_\_\_\_\_

**SIGNATURE OF RESPONSIBLE PARTY**

**RELATIONSHIP**

**DATE**

*(OTHER THAN PARENT/GUARDIAN)*

# Sample Girl Health History

## Girl Scouts of [Council Name]

### Health History and Medical Examination Form for Minors

**Health History:** The more complete information you provide, the better we are able to work with your child to ensure she receives the care she needs.

**Medical Examination:** A medical examination is completed for trips lasting more than three nights. The examination is completed by a licensed physician, nurse practitioner, physician's assistant or registered nurse within the preceding 24 months unless a health issue is present.

*Please type or write clearly and legibly.*

<b>Name of Minor:</b> (Last, First, Middle Initial)	<b>Date of Birth:</b> (XX/XX/XXXX)		
<b>Address:</b>	<b>City:</b>	<b>St:</b>	<b>Zip:</b>
<b>Parent or Guardian:</b>	<b>Phone:</b>	<b>Alternate Phone:</b>	
<b>Parent or Guardian:</b>	<b>Phone:</b>	<b>Alternate Phone:</b>	

#### Emergency Contact Information (parent/guardian):

<b>Emergency Contact:</b>	<b>Relationship:</b>
<b>Phone:</b>	<b>Alternate Phone:</b>

**Health Insurance Information** (Family insurance is primary insurance in case of accident or illness, Girl Scout insurance is secondary.)

<b>Policy Holder's Name:</b>	<b>Policy Number:</b>
<b>Insurance Company Name:</b>	<b>Group Number:</b>
<b>Insurance Company Address:</b>	<b>Insurance Company Phone:</b>

**Check all that apply and explain in detail checked answers:**

<input type="checkbox"/>	Diabetes	<input type="checkbox"/>	Sleep disturbances
<input type="checkbox"/>	Heart Defects/Disease	<input type="checkbox"/>	Fainting
<input type="checkbox"/>	Asthma	<input type="checkbox"/>	Bed wetting
<input type="checkbox"/>	Ear Infections	<input type="checkbox"/>	Constipation
<input type="checkbox"/>	Musculoskeletal Disorders	<input type="checkbox"/>	Chicken Pox
<input type="checkbox"/>	Convulsions/Epilepsy/Seizures	<input type="checkbox"/>	Measles
<input type="checkbox"/>	Sinusitis (Sinus Infections)	<input type="checkbox"/>	German Measles
<input type="checkbox"/>	Physical Restrictions	<input type="checkbox"/>	Mumps
<input type="checkbox"/>	Kidney/bladder illness	<input type="checkbox"/>	Rheumatic Fever
<input type="checkbox"/>	Mental/psychological disorder	<input type="checkbox"/>	Tuberculosis
<input type="checkbox"/>	Hypertension	<input type="checkbox"/>	Kidney Disease
<input type="checkbox"/>	Arthritis	<input type="checkbox"/>	Eating Disorders (Anorexia, Bulimia, etc.)
<input type="checkbox"/>	Nosebleeds	<input type="checkbox"/>	Headaches/Migraines
<input type="checkbox"/>	Has begun menstruation	<input type="checkbox"/>	Had surgery or hospitalized in the last 5 years
<input type="checkbox"/>	Menstrual cramps	<input type="checkbox"/>	Currently under doctor's care
<input type="checkbox"/>	Bleeding disorder	<input type="checkbox"/>	Emotional - Separation Anxiety
<input type="checkbox"/>	Other:		

Please explain in detail all checked answers marked above:

**Girl Name:** \_\_\_\_\_

**Allergies:** Please list all allergies, the type of reaction and its severity, treatment and date of last reaction. Include allergies to medications, food, bees, animals, plants, etc.

Allergies	Reaction/ Severity	Treatment	Date of last Reaction
1.			
2.			
3.			

Does your daughter suffer from Anaphylaxis?            Yes    No

\*Anaphylaxis is a severe allergic reaction marked by swelling of the throat or tongue, hives, and trouble breathing.

Does your daughter carry an Epipen?                    Yes    No

Does your daughter carry an inhaler?                    Yes    No

**Medical Conditions** (including any precautions or restrictions on activities)

Name of Condition	Effects
1.	
2.	
3.	

**Medications:** List any medications she is currently taken (or has taken in the recent past) including dosage schedule and specific instructions for use. Also, please indicate (Yes/No) if minor is allowed to take the medication on her own or if she should be monitored by an advisor. This would include any type of birth control.

Medication	Purpose	Dosage Schedule	Specific Instructions	Self-Medicat (Yes/No)
1.				
2.				
3.				
4.				
5.				

**Over-the-Counter Medications:** My daughter has permission to take over-the-counter medications in case of accident or injury. Please check all that she has permission to take:

- Tylenol/Acetaminophen
- Aspirin (fever reducer)
- Ibuprofen (pain/swelling)
- Benadryl/Antihistamine
- Robitussin/expectorant
- Sudafed/decongestant
- Pepto Bismol
- Tums/antacid
- Imodium (anti-diarrhea)
- Dramamine (motion sickness prevention)
- Skin Ointments (in case of rash, antibacterial, athlete's foot, etc.)
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**Special considerations or notes regarding over-the-counter medications:**

**Does your child have a Special Medical or Dietary Regiment to be followed?**      Yes      No

If so, please explain: \_\_\_\_\_  
\_\_\_\_\_

**Have you ever had any adverse reactions to general anesthetics?**      Yes      No

If so, please explain: \_\_\_\_\_  
\_\_\_\_\_

**Any other information not covered in this form that is important that advisors for this trip know:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Girl's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

*(This section is to be completed by a physician after the review of health history with parent/guardian. Parent/Guardian must complete all the information of the Health History to the best of their knowledge and sign before meeting with licensed professional.)*

**Medical Examination - Must be completed in detail.**

Height: _____		Weight: _____		B. P.: _____/_____		Hearing: R ___ L ___	
Eyes: With Glasses R 20/_____		L 20/_____		Without Glasses		R 20/_____ L 20/_____	
Code: S = Satisfactory    NS = Not Satisfactory    NE = Not Examined							
_____	Nose	_____	Abdomen	_____	Urinalysis*	Other: _____	
_____	Throat	_____	Hernia	_____	HGB*	_____	
_____	Teeth	_____	Genitalia	_____	Appearance/Nutrition	_____	
_____	Heart	_____	Skin	_____	General Physical State	_____	
_____	Lungs	_____	Musculoskeletal	_____	General Emotional State	_____	

**Record of Immunization - Must be completed in detail.**

	Date Series was Completed	Year of Last Booster		Date Series was Completed	Year of Last Booster
Hep B	_____	_____	Typhoid	_____	_____
DTap/Tdap	_____	_____	Paratyphoid	_____	_____
DT/Td	_____	_____	Cholera	_____	_____
Hib	_____	_____	Yellow Fever	_____	_____
IPV/OPV	_____	_____	Typhus	_____	_____
PCV7	_____	_____	Rocky Mountain	_____	_____
MMR	_____	_____	Spotted Fever	_____	_____

Personal and religious beliefs dictate against immunizations: Yes \_\_\_\_\_ No \_\_\_\_\_

**Girl's Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Physician Information**

<b>Licensed Physician Name:</b> (Last, First, Middle Initial)	<b>Phone Number:</b>		
<b>Address:</b>	<b>City:</b>	<b>St:</b>	<b>Zip:</b>

This person is in satisfactory condition and may engage in all usual activities, including physically demanding activities except as noted.

**Signature of Licensed Physician:** \_\_\_\_\_ **State License Number:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**HEALTH INFORMATION PRIVACY STATEMENT**

The **Health History and Medical Examination Form for Minors** is for health care concerns at the specified event only. All records will be handled by staff/volunteers whose job includes processing or using this information for the benefit of the participant. All medical records will be held in limited access by the health care supervisor for the specific event. Minimal necessary information may be shared with event staff/volunteers in order to provide adequate participant safety and health care. This form will be retained for seven years past the age of maturity of the participant. Access to the information will be limited, but copies may be requested from the event sponsor, by the participant or their legal representative. I have read the above procedures for handling the health and medical form and I agree to the release of any records necessary for treatment, referral, billing or insurance purposes.

**This Health History and Medical Examination Form for Minors is complete and accurate. My daughter has permission to engage in all prescribed activities, except as noted by me and the examining physician.**

**Signature of Parent/Guardian:** \_\_\_\_\_ **Date:** \_\_\_\_\_

# Sample Press Release – Girl Scouts

**FOR IMMEDIATE RELEASE**

**CONTACT:** contact info

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## Tucson Girls Get Ready to Put out the Flames at the 3<sup>rd</sup> annual Camp Fury



### Camp Fury

June 6-9<sup>th</sup>, 2012

Girls: Grades 9-12

Tucson NW Fire Training Facility Tucson Public Safety Academy

On June 6<sup>th</sup> local girls will begin a four day, three night firefighting adventure as part of the 3<sup>rd</sup> annual Camp Fury facilitated by the Tucson and Northwest Fire Departments along with the Girl Scouts of Southern Arizona. Camp Fury gives high school aged girls the chance to explore the field, experience firefighting and emergency operations techniques, and connect with women currently in the profession.

Now in its third year, the camp offerings continue to grow with girls benefitting from increased hands-on activities, demonstrations, and drills. In addition to exercising and training with fire and emergency services professionals, girls don full firefighting gear and jump right in the action themselves. Over the course of the four days girls will undergo physical fitness training and the Candidate Physical Abilities Test (CPAT) in addition to activities including an aerial climb, rope rappel, mud bog, bucket brigade, search drill and water safety.

The goal of the program is to provide an introduction to firefighting careers and to promote a positive leadership experience. "The partnership between the Girl Scouts and the fire agencies is a natural fit" notes Girl Scouts' CEO Debbie Rich. "At Girl Scouts we work on a broad scale to connect girls to those in the community who can help her build the confidence and skills she needs to become a leader and share her gifts with the world. We thank Chief Cheryl Horvath for leading the charge and for providing girls with more ways to learn, lead, and "try on" different roles."

While some girls already have a firefighting career in mind, many attend to try something new. In the process they discover more about themselves and gain the confidence needed to try other pursuits. Notes Megan S., a 2011 Camp Fury participant, "Whenever you push yourself hard to do something out of your comfort zone you achieve a level of accomplishment that gives you a boost of self-confidence and it makes you feel wonderful. You overcome a challenge and you just don't want to stop there."

The enthusiastic response to Camp Fury in Tucson led to the creation of Camp Fury in Yuma with over a dozen girls in attendance. In addition to meeting with fire personnel, the girls were surprised by House Representative and Girl Scout Honorary Troop 1920 Member Lynn Pancrazi who stopped by to cheer on the girls and speak to the importance of emergency services.

A graduation ceremony for Camp Fury participants will be held at the Tucson Public Safety Academy on Saturday June 9 at 1pm. For a Camp Fury agenda or for more information contact Ellen Pott at Girl Scouts, [epott@girlscoutsoaz.org](mailto:epott@girlscoutsoaz.org), 520.205.1507.



## **Sample Press Release – Fire Department**

### **TEEN GIRLS GET TASTE OF THE LIFE OF A FIREFIGHTER AT SPECIAL CAMP**

For the third year, the Northwest Fire District, Tucson Fire Department, and the Girl Scouts of Southern Arizona have collaborated to provide realistic fire fighting and emergency services activities and training for girls ages 14-18 at the annual Camp Fury. The program features a four-day, three-night camp for teens entering grades 9-12 that highlights and features guest speakers from non-traditional professions

Women firefighters from across Southern Arizona provide the daily skill-building sessions and career information to participants outfitted in uniforms, turn-out gear, helmets and gloves.

Activities will be held at the Northwest Fire District Training Center located at 5225 W. Camino De Fuego and the Tucson Public Safety Academy on South Wilmot Road. I have attached a schedule for the camp.

**DIRECTIONS:** From Ina and I-10 head WEST on Ina Road to Star Commerce Way, turn Right or NORTH and then proceed to Camino De Fuego, turn left or WEST and follow the roadway to the parking area. (Large sign at entrance to indicate Northwest Fire District)

Camp Fury began in 2009 to give high school aged girls an immersion experience that opens the doors to hands on skills, technical knowledge and the physical demands of firefighting. More than 50 girls have already participated in the program.

**The media is invited to see the action on Thursday June 7<sup>th</sup> beginning at 10 a.m. Campers and staff will be available for interviews.**

## Sample Budget

Camp Fee	\$150/camper
Facility	Donated
Staff	1 FT Girl Scout Staff Volunteer Firefighters
Tee-shirt	\$800-1000
Turnout Gear	In Kind Donation
Food/Drink	\$4000 – 5000 (solicit for In Kind donation)
Transportation	\$800.00
Thank You Gifts	\$300

## Sample Curriculum

<p><b>June 6</b></p> <p><b>Wednesday</b></p> <p><b>At the PSA</b></p>	<p>0700-0800 Staff</p> <p>0800-0815 Arrive</p> <p>0815-0900 Intro's/Welcome</p> <p>0900-0930 Tour and "unpack"</p> <p>0930-1000 PT</p> <p>1000-1015 Break/snack</p> <p>1015-1045 Guest Speaker</p> <p>1045-1200 Teambuilding (Girl Scouts)</p> <p>1200-1230 Lunch</p> <p>1245-1500 Stations (ladders, SCBA, EMS, Hose)</p> <p>1515-1615 Bucket Brigade</p> <p>1615-1700 Showers/personal time</p> <p>1700-1800 Dinner</p> <p>1800 - Evening Activities</p>	
<p><b>June 7</b></p> <p><b>Thursday</b></p> <p><b>At NWFD</b></p>	<p>0700-0745 Breakfast &amp; Travel to NWFD Training Facility</p> <p>0745-0830 PT</p> <p>0830-0915 Break/Snacks</p> <p>0915-0930 Step up &amp; start early on stations...</p> <p>0930-1200 Stations (aerial, rappel, maze/dummy drag, ropes)</p> <p>1200-1230 Lunch</p> <p>1245-1530 Stations (aerial, rappel, maze/dummy drag, ropes)</p> <p>1530-1600 Clean up facility and selves</p> <p>1630-1730 Dinner</p> <p>1730-1800 Travel back to PSA</p> <p>1800-1900 Showers/personal time</p>	

<p><b>June 8</b></p> <p><b>Friday</b></p> <p><b>AM at the PSA</b></p> <p><b>PM at the Hacienda</b></p>	<p>0700-0730 Breakfast</p> <p>0730-0815 Physical Fitness</p> <p>0815-0830 Break/snack</p> <p>0830-0930 Guest Speaker</p> <p>0930-1030 Fire Extinguisher Training</p> <p>1030-1200 Hands only CPR</p> <p>1200-1215 Clean up</p> <p>1215-1245 Lunch</p> <p>1300-1330 Travel to Hacienda</p> <p>1330-1415 Water safety</p> <p>1415-1500 Pool time</p> <p>1500-1530 Clean up and get ready for NFFF Dinner/Auction</p> <p>1530-1615 Travel time to Marriott</p> <p>1630-1800 Set up for NFFF</p> <p>1800-1900 Dinner</p> <p>1900-2100 Clean up and assist with NFFF</p> <p>2200- Return to PSA</p>	
<p><b>June 9</b></p> <p><b>Saturday</b></p>	<p>0700-0730 Breakfast</p> <p>0730-0800 Pack up/clean bunks</p> <p>0800-0845 PT</p> <p>0900-1100 Scenarios/Parent presentation</p> <p>1100-1130 Prepare for graduation (Move stuff out of Dorms)</p> <p>1130-1230 Lunch</p> <p>1230-1300 Family arrives/tours</p> <p>1300-1400 Graduation ceremony</p> <p>Guest Speaker</p> <p>Tucson Fire Foundation – Scholarship Award</p>	

## Sample Menu

### Wednesday

Meal	Menu	Ingredients needed	Prep & Cooking information
Lunch	Sandwiches, chips, watermelon	Bread, variety of deli meats, American slice cheese, mustard, ketchup, mayo, lettuce, tomato, variety of chips, watermelon	No Cooking. Cut tomato and watermelon.
Dinner	Beef &/ Bean Burritos, rice	Pre-cooked beef, refried beans, black beans, rice, tortilla, sour cream, Pico de Gallo, guacamole, salsa, shredded cheese	Cook rice. Warm up Beef and Beans.
Snack	GORP	Pretzels, Fish, M&M, raisins, Chex cereal	No cooking

### Thursday

Meal	Menu	Ingredients needed	Prep & Cooking information
Breakfast	Oatmeal, English muffins, yogurt	Instant Oatmeal, English muffins, yogurt, butter, sugar, milk	Boil water. Toast English Muffins.
Lunch	Chicken &/ veggie wraps, chips, apples, oranges	Wraps, pre-cooked chicken, lettuce, tomatoes, peppers, avocados, shredded cheese, mustard, ketchup, mayo, variety of chips, apples, oranges	Warm up chicken. Cut lettuce, tomato, peppers, avocados. Slice Apples & oranges
Dinner	Meatballs &/or Spaghetti, Salad, garlic bread, milk, lemonade	Pre-cooked meatballs, spaghetti noodles, spaghetti sauce, parmesan, olive oil, premade salad, salad dressing, garlic bread	Boil water for noodles. Warm up meatballs. Warm up sauce. Rinse pre-made salad.
Snack	Smoothies	Plain yogurt, frozen fruit, flax seed, apple juice, spinach	Blend yogurt, frozen fruit, flax seed, apple juice and spinach.

## Friday

Meal	Menu	Ingredients needed	Prep & Cooking information
Breakfast	Cereal, Strawberries, OJ, milk	Variety of cereals, Strawberries, milk.	
Lunch	Mac - n - Cheese, veggie, Lemonade, milk	Mac-N-Cheese, milk, carrots, celery, broccoli, snap peas	Read instructions on Mac-N-Cheese box
Dinner	Hamburger, Hot Dogs, Potato Salad, Cold Slaw	Hamburger, veggie burgers, hot dogs, hamburger buns, hot dog buns, onion, pickles, ketchup, mustard, relish, American Slice Cheese, potato salad, cold slaw,	AT HACIENDA: Grill Hamburgers, Boca burgers, hot dogs.
Snack	S'More	Graham crackers, marshmallow, Hersey bars	Camp Fire

## Saturday

Meal	Menu	Ingredients needed	Prep & Cooking information
Breakfast	Left overs	What ever is left over	
Snack	Left overs	What ever is left over	
Lunch	Chipotle's	NEED TO GET*** CASEY***	

### Snacks for Ceremony

Girl Scout Cookies, Veggies, Fruit, crackers, cheese. Lemonade, Ice Tea.

# Sample Thank You Letter

(Date)  
(Address)

Re:

Dear \_\_\_\_\_,

On behalf of Chief Baker, Chief Horvath, Girl Scouts CEO Debbie Rich, and the rest of the Camp Fury Team we would like to express our deep gratitude for your continued support of Camp Fury and for lending your staff, resources, and facilities to make the experience truly special for the attendees. Now in its fourth year, Camp Fury's offerings continue to grow with girls benefitting from increased hands-on activities, demonstrations, and drills. This year eighteen girls from across Southern Arizona came together for four days and three nights to train with Tucson's best fire and emergency services personnel. Girls donned full fire fighting gear and jumped right into the action undergoing physical fitness training, rope rappel, aerial climb, search drills and water safety.

While the activities may vary, the goals of the program remain the same: to provide an introduction to firefighting careers and to promote a positive leadership experience. The factor that most strongly influences girls' desire to pursue leadership is confidence. Recognizing the strong tie between confidence and leadership aspirations is essential to breaking down barriers and building up girls. The leadership experience provided at Camp Fury was greatly enhanced as a result of your staff's active involvement. During the Camp, the volunteer firefighters assumed the role of counselors and trainers and were assigned a small group of campers. This close interaction allowed girls to connect with women professionals and provided girls with more ways to learn, lead, and "try on" different roles. Interacting with the adult volunteers also allowed the girls to observe the values inherent in your profession such as personal integrity, respect, honor, and team work.

Camp Fury is an exceptional way for girls to learn what it is like to be a firefighter and the many services you provide to the city and county every day. The benefits of community outreach programs like this have both short and long-term impacts. While some girls have a firefighting career in mind, many attend to try something new. In the process they discover more about themselves, overcome their fears, and gain the confidence needed to try other pursuits. As participant Britney noted, "Whenever you push yourself out of your comfort zone you achieve a level of accomplishment and you don't want to stop there!" Whether these girls go on to become emergency services professionals or firefighters, they will certainly be leaders in whatever they choose to do thanks to their experience at Camp Fury.

Once again, on behalf of the Camp Fury attendees and program volunteers and staff, we thank you for your support of the program and for graciously donating your facilities, resources, and staff to make this unique opportunity for girls a reality.

Sincerely,

Laura Baker  
Deputy Chief  
Tucson Fire Department

Cheryl Horvath  
Division Chief  
Northwest Fire Department

Debbie Rich  
Chief Executive Officer  
Girl Scouts of Southern Arizona